

The present invention relates to a method of producing a three-dimensional knit, i.e. a knit whose area is shaped spatially. In accordance with the invention a homogeneously tough three-dimensional knit structure is achieved when loops in specific portions are widened and/ or narrowed, this widening/narrowing of the loops being done at many locations arranged distributed homogeneously over the area to be formed three-dimensionally. In the same way a three-dimensional knit may be produced in which the knitting needles are inactivated at least in part over at least one course in the portion to be shaped and later reactivated whilst in the other portions full knitting is continued.